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ABSTRACT

The paper defines independent living skills for persons with disabilities and gives samples of a variety of curricular materials available to teach these skills. Frequently asked questions (e.g., how are independent living skills related to survival or coping skills?) and answers precede the listing of 71 commercially available curriculum materials. Materials are listed alphabetically by publisher. Provided for each material is title and subject area, author, format, level, and cost. Formats include books and workbooks, signs and cards, games, audiocassettes, and software. Addresses and phone numbers of publishers are also listed. Seven references are included. (DB)

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TITLE: INDEPENDENT LIVING SKILLS:
FUNCTIONAL CURRICULUM MATERIALS

University of Missouri-Columbia
401 East Stewart Road
Columbia, MO 65211
(800) 392-0533 (in Missouri only)
(314) 882-2733

ABSTRACT: This module defines independent living skills and gives samples of a variety of curricula available to teach these skills.

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INDEPENDENT LIVING SKILLS: FUNCTIONAL CURRICULUM MATERIALS

Overview

Independent living skills include the full range of competencies which are necessary for an individual to assume social roles and fulfill the expectations of those roles in the range of domains and settings common in everyday life. These skills permit the individual to be responsible for self-care, domestic activities, transportation, shopping, money management, interpersonal relations, and leisure pursuits. These behaviors are the building blocks of what the individual actually does when performing the roles of responsible person, consumer, citizen, family or household member, and all other roles which make-up our social life. Independent living skills are the foundational competencies which every individual must know and be able to do at an acceptable social level to participate in the life of the community.

Frequently Asked Questions

Q. HOW ARE INDEPENDENT LIVING SKILLS RELATED TO SURVIVAL OR COPING SKILLS?

A. Independent living skills are synonymous with concepts such as "survival skills, community living skills, coping skills, life skills." The meanings of these terms are the same. The different terms represent differences in the perspectives of authors as they seek to frame and define these skills. Independent living skills would also overlap with skills relevant to career education, transition, and employability.

Q. ARE INDEPENDENT LIVING SKILLS SPECIFIC VOCATIONAL COMPETENCIES?

A. No. However, independent living skills are related to vocational skills and employment in several ways. Many skills, such as communications and interpersonal relations, are used directly at work. Some skills are directly supportive of employment, such as transportation skills, money management, and time scheduling. Skills involved in leisure activities would affect the quality of life and this would affect job performance. Finally, the use of these skills involves goal setting and problem solving, both of which would be useful at work or any setting.

Q. SHOULD THESE SKILLS BE TAUGHT ONLY TO STUDENTS WHO WILL BE LIVING ON THEIR OWN AFTER GRADUATION?

A. All special needs students should learn independent living skills whatever their plans for living arrangements after graduation. These skills cover a wide range and are relevant for any level of independence. All students can use these skills whether they reside at home or independently, and whether unemployed or employed in any kind of setting.

Q. WHAT TYPE OF CURRICULAR MATERIALS WOULD BE USED TO TEACH INDEPENDENT LIVING SKILLS?

A. The materials should be as functional as possible. They should be directly related to the behavior required in actual environmental situations. Typical content such as math and language can be adapted to functional usage in learning shopping skills or in using the local transportation system. Also, a wide range of functional curriculum materials are commercially available. The following is a list of such resources.

Publishers are listed first, with relevant materials which are available through them. These materials have not been previewed; the information was taken from the catalogs. Teachers should preview the materials for applicability to their particular settings and the needs of their students. Prices are those listed for 1986-87, and are subject to change. Teachers may also want to write to the publishers for their catalogs.

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PUBLISHER: Aquarius People Materials, Inc.
P.O. Box 128
Indian Rocks Beach, FL 33535
(800) 282-4198

TITLE: Computer Software: Programs for Survival Skills. Covers all aspects of independent living including self-care, money, home management and others.

AUTHOR: Publisher

FORMAT: Software programs

LEVEL: Reading level 3.0-5.0

COST: Over 30 programs available, prices range from $30.00 for individual programs to $200.00 for a unit.

- -

PUBLISHER: Communication Skill Builders
3130 North Dodge Blvd.
P.O. Box 42050-L
Tucson, AZ 85733

TITLE: Tell-A-Phone

AUTHOR: Mary Brown

FORMAT: Kit. Task cards for telephone use activities.

LEVEL: Grades 6-12

COST: Kit with two plastic telephones $29.95.

- -

TITLE: Sequencing Skills

AUTHOR: Publisher

FORMAT: 64 color photo cards in units of 6-9 card sequences for activities such as omlet making, visiting the doctor, getting a train, changing a tire.

LEVEL: Adolescent-adult

COST: 64 cards, teacher's guide, storage box, $12.95

- -

PUBLISHER: The Conover Company, LTD
P.O. Box 155
Omro, WI 54963

TITLE: Computer Software: Programs for Survival Skills. Covers all aspects of independent living.

AUTHOR: Publisher

FORMAT: Software programs

LEVEL: Elementary, secondary, adult

COST: Prices variable. Example: Survival Words, 30 words with pictures. Contains evaluation and progress monitoring, instruction-review-generalization format. Three disks and manual, $129.00.

- -

PUBLISHER: Curriculum Associates, Inc.
5 Esquire Road
North Billerica, MA 01862-2589

TITLE: Following Directions Series

AUTHOR: Jennifer Pirie and Alex Pirie

FORMAT: Books. Three books; primary, intermediate, advanced. Trips, maps, charts, and other activities.

LEVEL: Primary: grades 2-4
Intermediate: grades 4-6
Advanced: grades 6-10

COST: Single copy of each book, $2.95
Five copies, $2.50 each
Spirit-master edition, $16.95

- -

PUBLISHER: DLM Teaching Resources
P.O. Box 4000
One DLM Park
Allen, TX 75002
(800) 527-4747

TITLE: Using Functional Word Signs

AUTHOR: Publisher

FORMAT: Kit. 43 functional signs (stop, keep out, etc.), 86 full color photo cards, 3 blackline masters, record forms, teacher's manual, storage box.

LEVEL: K-12

COST: $39.50

- -

TITLE: Functional Signs

AUTHOR: Publisher

FORMAT: Kit. 44 signs on durable board stock in 3 sizes.

LEVEL: K-12

COST: $19.50

- -

TITLE: Functional Signs Match-Ups

AUTHOR: Publisher

FORMAT: Game cards for matching 56 signs.

LEVEL: K-12

COST: $12.00

- -

TITLE: Survival Signs

AUTHOR: Publisher

FORMAT: Kit. 44 signs on heavy stock board in 3 sizes.

LEVEL: K-12

COST: $16.00

- -

TITLE: Traffic Sign Bingo

AUTHOR: Publisher

FORMAT: Kit and game. Covers only traffic and road signs for pedestrians, cyclists, or drivers. 45 signs with matching cards, instructions, storage box.

LEVEL: K-12

COST: $18.75

- -

PUBLISHER: EBSCO Curriculum Materials
P.O. Box 11521
Birmingham, AL 35202
(800) 633-8623

TITLE: Following Directions

AUTHOR: Publisher

FORMAT: Cassette and spirit masters.

LEVEL: Grades 6-12

COST: One cassette and 20 Spirit masters, teacher's guide, $30.00.

- -

TITLE: Steps to Independent Living

AUTHOR: Publisher

FORMAT: 100 photocopy masters, each covering one exercise in the full range of independent living activities.

LEVEL: Reading level 3.0-4.0, grades 8-12

COST: 100 photocopy masters, teacher's guide, $50.00.

- -

TITLE: Telephone Skills

AUTHOR: Publisher

FORMAT: Kit. 7 cassettes with student direction cards and instructional objectives. Complete sets of forms for memo, schedules, orders, appointments.

LEVEL: Grades 6-12

COST: 7 cassettes with complete kit, teacher's guide, $85.00.

- -

PUBLISHER: Edmark Corporation
P.O. Box 3903
Bellevue, WA 98009
(800) 426-0856

TITLE: Adult Transition Model: Planning for Postschool Services

AUTHOR: Bonnie Horton, Mary Maddox, and Eugene Edgar

FORMAT: Book. Specifically for locating and applying for services from a wide range of service agencies after graduation. For special teachers and parents.

LEVEL: Secondary

COST: $16.95

- -

TITLE: Coin Skills Curriculum

AUTHOR: Alan Frank and Thomas McFarland

FORMAT: Kit and book. Covers all aspects of coin use. Includes blackline masters.

LEVEL: Elementary

COST: $14.00

- -

TITLE: Money Math

AUTHOR: Donn Mosenfelder

FORMAT: Book. Covers the full range of money math skills including shopping, change, checking, sales, pay, budget, taxes.

LEVEL: Elementary-secondary

COST: single copy, $5.25
ten copies, $3.80 each

- -

TITLE: Food and Nutrition

AUTHOR: Caleb Crowell

FORMAT: Book. Covers nutrition, food buying, food planning.

LEVEL: Reading level 4.0-6.0

COST: single copy, $5.25
ten copies, $3.80 each

TITLE: Life Skills Attitudes in Everyday Living

AUTHOR: Brewner et al

FORMAT: Book. Covers honesty, being on time, accepting directions, getting along, being a family member. Each unit is structured with goal setting and self-improvement exercises.

LEVEL: Elementary-secondary

COST: single copy, $5.25
ten copies, $3.80 each

- -

TITLE: Survival Guides

AUTHOR: Publisher

FORMAT: Books. 7 brief books: guides to the study of newspapers, local transportation, want ads, reading and following directions, reading schedules, first aid, using the phone book. Teacher's manuals.

LEVEL: Elementary-secondary

COST: Set of 7 books, $23.10

- -

TITLE: Survival Vocabularies

AUTHOR: Publisher

FORMAT: Books. 10 books. Each book covers 80 words/phrases for each topic. Flashcards are optional. Topics covered are: job application, supermarket, drugstore, banking, restaurant, entertainment, clothing, medical, driver's license.

LEVEL: Elementary and secondary

COST: Complete set of 10 books, $28.00
Flashcards with books, $49.00

- -

TITLE: On Your Own

AUTHOR: Publisher

FORMAT: Books. 4 books: car care, getting help, need a doctor, sharing an apartment.

LEVEL: Reading level 2.5

COST: Complete set of four books, $12.60

TITLE: Step-By-Step Dressing

AUTHOR: Shirley Henderson and Mary McDonald

FORMAT: Book. Covers all aspects of dressing with all types of garments. Contains testing and progress charts, instructional guides and clothing recommendations.

LEVEL: Elementary and secondary

COST: $8.50

- -

TITLE: A Special Picture Cookbook

AUTHOR: Freida Steed

FORMAT: Book. Covers all aspects of cooking by illustration and description. Measures are color-coded. Step-by-step procedures. Many recipes.

LEVEL: Elementary-secondary-adult

COST: $12.00

- -

TITLE: Getting Along With Others

AUTHOR: Publisher

FORMAT: Book. Systematic instructional techniques for teaching social skills. Contains skill lessons and activities book and program guide.

LEVEL: Elementary

COST: $29.95

- -

TITLE: Leisure Programs for Handicapped Persons: Adaptations, Techniques, and Curriculum

AUTHOR: Paul Wehman and Stuart Schleien

FORMAT: Book. Skills and curriculum, sequenced activities, instructional techniques for over 100 sports and games in a task-analysis framework. Direct translation into instructional objectives.

LEVEL: K-12

COST: $15.00

- -

TITLE: Recreation Programming for Developmentally Disabled Persons

AUTHOR: Paul Wehman

FORMAT: Book. Curriculum content, teaching strategies, and materials guidelines with assessment on a wide range of leisure activities.

LEVEL: Children-adolescents-adults

COST: $15.00

- -

TITLE: Physical Education for Handicapped Children and Youth

AUTHOR: Bryand Cratty

FORMAT: Book. Covers all handicapping conditions. Relates all strategies to specific handicaps. Covers a wide range of activities, sports and games.

LEVEL: Elementary-secondary

COST: $26.00

- -

TITLE: Money Handling

AUTHOR: Publisher

FORMAT: Filmstrip and audio cassette. Covers making change and general money skills.

LEVEL: Elementary-secondary

COST: Color filmstrip, cassette, teacher's guide, $35.00

- -

TITLE: Kitchen Measures

AUTHOR: Publisher

FORMAT: Filmstrip and audio cassette. Covers measurement of common foods and ingredients in home food preparation.

LEVEL: Elementary-secondary

COST: Color filmstrip, cassette, teacher's guide, $35.00

- -

TITLE: Consumer Education Series: 1. Money, 2. Checking, 3. Comparative Shopping, 4. Ad-Wise

AUTHOR: Publisher

FORMAT: 4 books, each covering 10 problem units.

LEVEL: Elementary-secondary

COST: Set of 5 copies, books 1-4, $16.50 each
One set, books 1-4, $13.20

- -

TITLE: Life Skills Counseling with Adolescents

AUTHOR: Steven Schinke and Lewayne Gilchrist

FORMAT: Book. Strategies and teaching techniques to help adolescents deal with issues such as family relationships, vocation and career, sexuality, health, peer relationships, managing emotions, legal, and drugs.

LEVEL: Ages 9-18

COST: $16.00

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TITLE: Supermarket Flashcards

AUTHOR: Publisher

FORMAT: Flashcard set. Includes 120 flashcards with illustrations on one side and name of supermarket item on the other side.

LEVEL: Elementary and secondary

COST: $7.95

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PUBLISHER: Educational Design, Inc.
47 West 13th Street
New York, NY 10114
(212) 255-7900

TITLE: Life Skills Writing

AUTHOR: Don Mosenfelder and Ellen Kaplan

FORMAT: Book. Covers all forms of everyday writing tasks including message taking, letter writing, business letters, forms.

LEVEL: Reading level 5.0

COST: single copy, $5.25
ten copies, $3.80 each

- -

TITLE: Life Skills Reading

AUTHOR: Carol Mullins

FORMAT: Book. Covers 7 topical areas: reading labels, directions, looking up information, money, agreements-guarantees, applications and forms, sample forms.

LEVEL: Reading level 5.0

COST: single copy, $5.25
ten copies, $3.80 each

- -

TITLE: Vocabulary for the World of Work

AUTHOR: Donn Mosenfelder

FORMAT: Books. Two books: book one covers getting a job, types of jobs, office, sales, computers, manufacturing, construction, printing, electronic, plastics, unions, pay, taxes, insurance; book two covers communications, office, billing, shipping and receiving, marketing and sales, computer, legal, corporate, money. Covers 521 key words.

LEVEL: Reading level 3.0-4.0

COST: single copy, $5.50
ten copies, $3.95

- -

TITLE: Life Skills Math

AUTHOR: Donn Mosenfelder

FORMAT: Book. Covers math operations, money and measurement with fractions, precentages, decimals, word problems, time, age, temperature.

LEVEL: Reading level 4.0

COST: single copy, $5.25
ten copies, $3.80 each

- -

PUBLISHER: Fearon Education
412 Greenleaf
Kirkwood, MO 63122
(314) 822-0044

TITLE: CashBox

AUTHOR: Publisher

FORMAT: Kit. Play money but authentic in design and size, 900 bills, 500 coins.

LEVEL: K-12

COST: $39.00

- -

TITLE: Time and Time Telling

AUTHOR: Bertha Wiley

FORMAT: Book. A practical workbook with high-interest activities on clocks and telling time.

LEVEL: Reading level 2.9

COST: Class set of 10 copies, teacher's guide, $33.00

- -

TITLE: Planning for Your Own Apartment

AUTHOR: Virginia Belina

FORMAT: Book. A work-text on independent living which covers all aspects of residence skills including locating a residence, decorating, and budgeting.

LEVEL: Reading level 3.0

COST: Class set of 10 copies, teacher's guide, $42.00

- -

TITLE: Mark Your Calendar

AUTHOR: Sally Pasley and Dee Williams

FORMAT: Book. A practical workbook of basic calendar knowledge applied to everyday situations.

LEVEL: Reading level 2.7

COST: Class set of 10 copies, teacher's guide, $33.00

- -

TITLE: Measure Up

AUTHOR: Charles Kahn and Sylvia Herring

FORMAT: Book. A workbook with illustration, exercises and activities to practice linear measurement.

LEVEL: Reading level 2.7

COST: Class set of 10 copies, teacher's guide, $33.00

- -

TITLE: Money Makes Sense

AUTHOR: Charles Kahn and J. Hanna

FORMAT: Book. Arithmetic operations with sums to $10.00. Authentic money illustrations.

LEVEL: Reading level 3.0

COST: Class set of 10 copies, teacher's guide, $43.50

- -

TITLE: Buying with Sense

AUTHOR: Carol King

FORMAT: Book. Budget, checking account, consumer decisions.

LEVEL: Reading level 4.0

COST: Class set of 10 copies, teacher's guide, $46.50

- -

TITLE: Using Dollars and Sense

AUTHOR: Charles Kahn and J. Hanna

FORMAT: Book. Arithmetic operations up to $100.00. Shopping, counting change, computing prices.

LEVEL: Reading level 3.0

COST: Class set of 10 copies, teacher's guide, $43.50

TITLE: Working Makes Sense

AUTHOR: Charles Kahn and J. Hanna

FORMAT: Book. Covers consumer and budget skills plus fractions, percentages and amounts over $100.00.

LEVEL: Reading level 3.0

COST: Class set of 10 copies, teacher's guide, $43.50

- -

TITLE: Career Math Makes Sense

AUTHOR: Robert Tappay and Ken Weber

FORMAT: Book. Job related practical math. Covers interest, problem solving, distance and time calculations and related problems.

LEVEL: Reading level 5.0-6.0

COST: Class set of 10 copies, teacher's guide, $46.50

- -

TITLE:
1. Planning Meals and Shopping
2. Getting Ready to Cook
3. The Young Homemaker's Cookbook

AUTHOR: Ann Weaver

FORMAT: Books. A thorough coverage of nutritional information, food preparation, cooking and serving meals, shopping and budgeting.

LEVEL: Grades 6-12

COST: Each includes class sets of 10 copies, teacher's guide, $33.00 each

- -

PUBLISHER: Janus Books, Inc.
2501 Industrial Parkway West
Dept. H
Hayward, CA 94545
(800) 227-2375

TITLE: Buying and Caring for Clothes

AUTHOR: Gong and Wilson

FORMAT: Book and 64 duplicatable workmasters. Comprehensive clothing book.

LEVEL: Reading level 2.0-3.5

COST: $14.95

PUBLISHER: Life Skills Office
111 First Street
Sheboygan Falls, WI 53085

TITLE: Life Skills Curriculum: A Systematic Approach to Teach Functional Living Skills

AUTHOR: Joan Barringer

FORMAT: Book. Covers self-care, clothing, housing, food, recreation/leisure, travel, functional math, communication, personal-social.

LEVEL: Adolescent and adult

COST: Free loan

- -

PUBLISHER: Materials Development Center
Stout Vocational Rehabilitation Institute
University of Wisconsin-Stout
Menomonie, WI 54751

TITLE: An Activities of Daily Living Curriculum for Handiapped Adults

AUTHOR: Tiller

FORMAT: Book. Covers self-care, money, cooking, time, transportation, post office, telephone, housekeeping, clothing care, shopping, measurement.

LEVEL: Adolescent and adult

COST: $25.00

- -

TITLE: Grooming for Women

AUTHOR: Winnamaki

FORMAT: 138 slides, 32 minute tape. Covers cleanliness, hair care, diet, grooming, exercise, clothing, sleep.

LEVEL: Adolescent and adult

COST: $50.00

- -

TITLE: Grooming Skills for Men

AUTHOR: Jensen and Botterbusch

FORMAT: 67 slides, 15 minute tape. Covers all aspects of grooming.

LEVEL: Adolescent and adult

COST: Slides, $52.00
Tape, $30.00

- -

TITLE: Independent Living Evaluation Training Program

AUTHOR: Sioux Vocational School

FORMAT: Book. Task analyses of 60 independent living skills with forms, checklists, and worksheets.

LEVEL: Adolescent and adult

COST: $3.00

- -

TITLE: Road to New Horizons: Adjustment Training

AUTHOR: Endres

FORMAT: Book. Covers personal, social and work adjustment skills for community living.

LEVEL: Adolescent and adult

COST: $4.00

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PUBLISHER: New Reader's Press
Dept. 60
1320 Jamesville Ave.
P.O. Box 131
Syracuse, NY 13210
(800) 448-8874

TITLE: Everyday Reading and Writing

AUTHOR: Frank Laubach, Elizabeth Kirk, and Robert Laubach

FORMAT: Book. Covers all writing tasks in daily life. Reading related to practical tasks.

LEVEL: Reading level 5.0-7.0

COST: $6.45

- -

TITLE: Reading for Living

AUTHOR: Publisher

FORMAT: Books. 4 books; one each on signs, maps, letters, and newspapers.

LEVEL: Reading level 5.0-7.0

COST: one book, $1.00
set of four books, $4.00

- -

TITLE: Using the Telephone

AUTHOR: Cheri Cook

FORMAT: Book. Phone use and courtesy. Business phones. Getting and caring for personal phone. Teacher's guide.

LEVEL: Reading level 5.3

COST: $2.45

- -

TITLE: Filling Out Forms

AUTHOR: Wendy Stein

FORMAT: Book. How to answer questions on forms. Complete samples of common forms. Teacher's guide.

LEVEL: Reading level 5.9

COST: $2.45

- -

TITLE: Practice in Survival Reading Series

AUTHOR: Publisher

FORMAT: Books. Eight books, one each on machines, signs, labels, instructions, newspaper, map, reference, legal documents. Teacher's guide.

LEVEL: Reading level 4.0-6.0

COST: one book, $2.60
set of eight books, $17.00

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PUBLISHER: Opportunities for Learning, Inc.
1047 Nordhoff Street, Dept. EM
Chatsworth, CA 91311
(818) 341-2535

TITLE: Getting Around Cities and Towns

AUTHOR: Publisher

FORMAT: Workbook. Illustrated, vocabulary with games, activities, exercises. Transportation skills.

LEVEL: Reading level 2.0

COST: 10 copies with teacher's guide, $33.75

- -

TITLE: Around Town

AUTHOR: Publisher

FORMAT: Spinner board game, 2 to 4 players, transportation skills

LEVEL: Grades 4-12

COST: $13.95

- -

TITLE: Going Places

AUTHOR: Publisher

FORMAT: Reproducible book. Transportation problems.

LEVEL: Grades 5-12

COST: $4.95

- -

PUBLISHER: Procter & Gamble
Educational Services
P.O. Box 14009
Cincinnati, OH 45214

TITLE: Personal Care Kit

AUTHOR: Publisher

FORMAT: Kit. Teacher's resource and activity guide, 6 worksheets, 3 visual masters, wall chart. Covers all aspects of grooming.

LEVEL: Elementary-secondary

COST: $3.50

- -

TITLE: Learning about Laundering

AUTHOR: Publisher

FORMAT: Kit. Handbook, teacher's guide, 7 student worksheets, 6 visual masters, wall chart. All steps in doing laundry.

LEVEL: Elementary-secondary

COST: $4.50

- -

TITLE: Caring for a Home

AUTHOR: Publisher

FORMAT: Kit. Handbook, teacher's guide, 8 student worksheets, 6 visual masters, wall chart. Complete home management.

LEVEL: Elementary-secondary

COST: $4.00

- -

PUBLISHER: Quercus Corporation
2405 Castro Valley Blvd.
P.O. Box 20158
Castro Valley, CA 94546
(800) 634-3600

TITLE: Consumer Skills for Living on Your Own

AUTHOR: Publisher

FORMAT: Book. Resolving common budget problems.

LEVEL: Adolescent

COST: $3.90

- -

PUBLISHER: Steck-Vaughn Company
P.O. Box 2028
Austin, TX 78768
(800) 531-5015

TITLE: Life-Coping Skills Series

AUTHOR: Joan Gottlieb

FORMAT: Books. Three books: Signs and Labels, Facts and Sources, and Forms and Messages.

LEVEL: Reading level 2.4

COST: each volume, $3.15
teacher's edition, $3.15

- -

PUBLISHER: J. Weston Walch, Publisher
P.O. Box 658
321 Valley Street
Portland, ME 04104-0658

TITLE: Car Math

AUTHOR: Nancy Lobb

FORMAT: Spirit masters. Photocopy masters. Applying math skills to resolve 36 common car problems.

LEVEL: Adolescent-adult

COST: 36 spirit masters, $16.95
36 photocopy masters, $16.95

- -

TITLE: Essential Social Skills

AUTHOR: Debra Kaufman

FORMAT: Spirit masters. Photocopy masters. Appropriate social courtesy skills.

LEVEL: Adolescent-adult

COST: 26 spirit masters, teacher notes, $10.95
26 photocopy masters, teacher notes, $10.95

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